

Howard County Report Card November 2021



Community Health Indicators

TABLE OF CONTENTS

Message From the Health Officer	3
About Howard County Health Department	4
Demographics	5
Selected Health Indicators	
Leading Causes of Death	6
Mortality Rate Trends	7
Preventive Health Screening	8
Maternal & Infant Health	9
Coronavirus Disease 2019 (COVID-19)	10
Chronic Diseases and Risk Factors	
Cancer Incidence	11
Cancer Mortality	12
Diabetes	13
Weight, Nutrition & Exercise	14
Tobacco & E-Cigarette Use	15
Communicable Diseases	
Infectious Disease Reporting	16
Sexually Transmitted Infections	17
Human Immunodeficiency Virus (HIV)	18
Behavioral Health	
Youth Suicide	19
Opioid Overdoses	20
Indicator Summary	
Community Snapshot	21
Contact Us	22



MESSAGE FROM THE HEALTH OFFICER

Due to the impacts of COVID-19, we know the overall mental and physical health of our County has been affected significantly. New data is now available to us following the completion of the Howard County Health Assessment Survey and updates to other federal/state/local data sources. This up-to-date information allows us to evaluate our progress in improving the health of our community while also responding to a global health pandemic.

Despite the challenges presented by COVID-19, Howard County has persevered. Health services remained available to our most vulnerable residents, in person when necessary, or through a transition to virtual care when possible. As we all learn to live in this post-pandemic world, adjustments continue to be made to ensure the health and wellness of our community is protected.

COVID-19 has emphasized the health disparities present in our community; COVID-19 has also given us an opportunity to address these disparities in new ways as the field of public health has grown more dynamic, data-driven and technologically-savvy during this pandemic. As a result of the experience of this public health crisis, we have also expanded and strengthened our working relationships with community-based organizations and other providers of critical services in the County.

In this report you will find the latest data and analysis of several key community health indicators used by the Health Department to evaluate the status of the overall quality of population health in our County. With the collective contributions of a dedicated public health team, we remain focused on our mission to promote, preserve, and protect the health of all in Howard County by monitoring our progress toward specific health-related goals.



A handwritten signature in black ink that reads "Maura J. Rossman MD". The signature is written in a cursive, flowing style.

Maura J. Rossman, MD

Health Officer

Howard County Health Department

ABOUT HOWARD COUNTY HEALTH DEPARTMENT

MISSION

To promote, preserve, and protect the health of all in Howard County.

VISION

A model community in which health equity and optimal wellness are accessible for all who live, work, and visit Howard County.

VALUES



Leadership

We advocate for and implement effective public health practices. We are a trusted source of health care and information.



Health Equity

We address the social determinants of health to achieve the highest quality of life for all.



Innovation & Excellence

We foster innovation and seek excellence in every endeavor.



Collaboration

We build and maintain partnerships to achieve common goals.



Culture of Respect & Caring

We value and respect our staff and all those we serve.



Advocacy

We inform, educate, and empower to initiate change.



Professionalism

We foster mutual respect, transparency, and accountability.



Integrity

We honor the public's trust and pledge to maintain the highest standard of service.

DEMOGRAPHICS 2019 Estimates

2019 Estimates	Howard	Maryland	U.S.
Population			
Total Population (2020)	332,317	6,177,224	331,449,281
Total Population (2019)	325,690	6,045,680	328,239,523
% change April 2010 -July 2019	13.4%	4.7%	6.3%
Female	51.1%	51.6%	50.8%
Foreign born persons	20.9%	15.4%	13.7%
Race, Age and Ethnicity			
White	55.1%	54.5%	72.0%
Black	19.7%	30.3%	12.8%
Asian	18.5%	6.4%	5.7%
Hispanic, any race	7.3%	10.6%	18.4%
Under 5 years old	5.9%	5.9%	5.9%
Under 18 years	24.2%	22.0%	22.2%
65 years and over	14.3%	15.9%	16.5%
Median Age	38.9	39.0	38.5
Household, Economic and Education Indicators			
Median Household Income [^]	\$121,329	\$86,644	\$65,712
All ages in poverty [^]	5.0%	9.1%	12.3%
Children (<18) in poverty [^]	5.6%	12.3%	16.8%
Unemployment Rate (2020)**	5.2%	6.8%	8.1%
Uninsured (Ages 18-64)	5.2%	8.8%	7.3%
Bachelor's degree or higher	64.4%	40.9%	33.1%
Total Medicare Hospital/Medical Enrollment, Howard County, as of May 2021: 50,348			
Maryland Medicaid MCO Enrollment, Howard County, as of May 2021: 45,775			

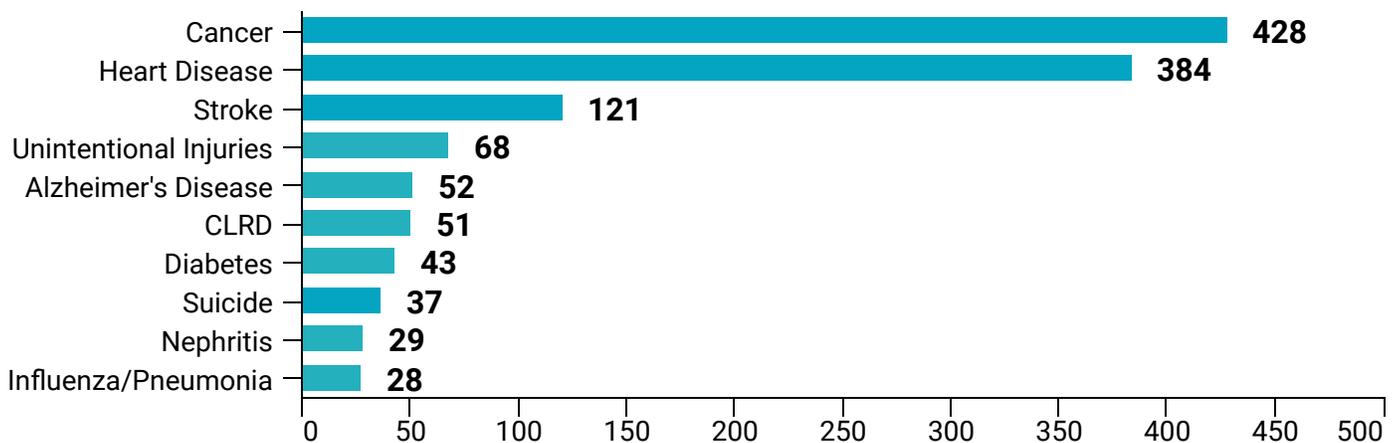
Data Source: U.S. Census Bureau, ACS; Centers for Medicare & Medicaid Services; Maryland Medicaid eHealth Statistics, MDH.
[^]Small Area Income and Poverty Estimates (SAIPE), U.S. Census Bureau. ^{**}Bureau of Labor Statistics (annual average).

LEADING CAUSES OF DEATH

Risk Factors

In 2019, 1,821 Howard County residents died. The most common causes of death were cancer, heart disease and stroke. Many of the associated risk factors are modifiable. Reductions in smoking, high blood pressure, overweight, obesity, physical inactivity, high dietary salt and high sugar consumption can lead to reductions in long-term disability and premature death.

Leading Causes of Death, Howard County, 2019



Compared to 2009, in 2019

- Deaths from all causes increased by a count of 417
- Death rates* decreased by 20% (677.1 vs 541.2)

Death Rate* for All Causes



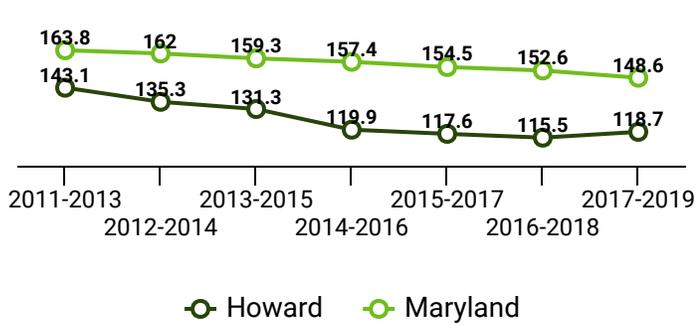
Non-Motor Vehicle Accident Deaths

70% of non-motor vehicle accident deaths in 2019 were due to falls (39/56)

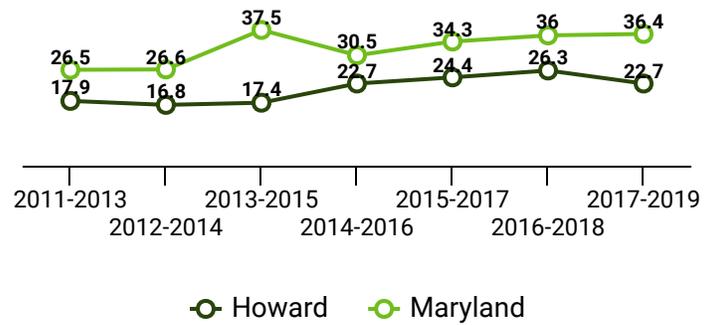
Data Source: Maryland Vital Statistics Administration; National Center for Health Statistics Report, Vol. 68, Number 9, June 2019.
 * 3-year average age-adjusted rates per 100,000 population; 2017-2019.

MORTALITY RATE* TRENDS

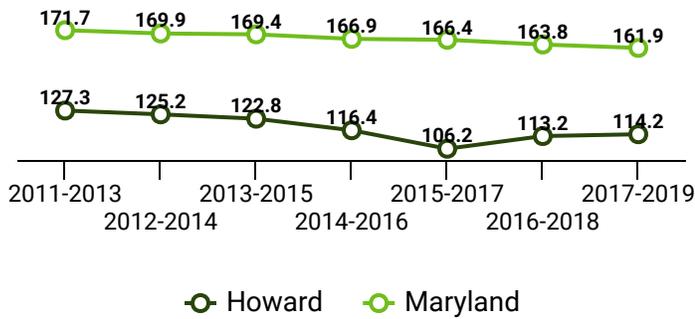
Cancer



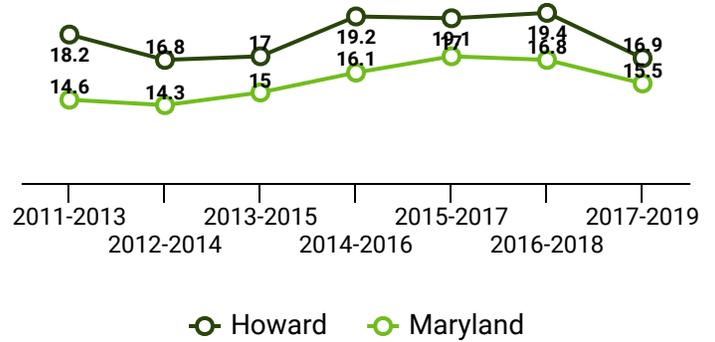
Unintentional Injuries



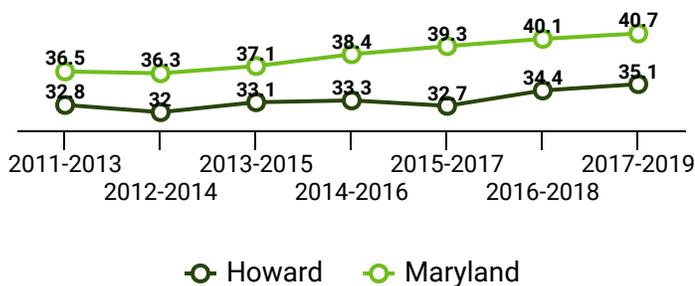
Heart Disease



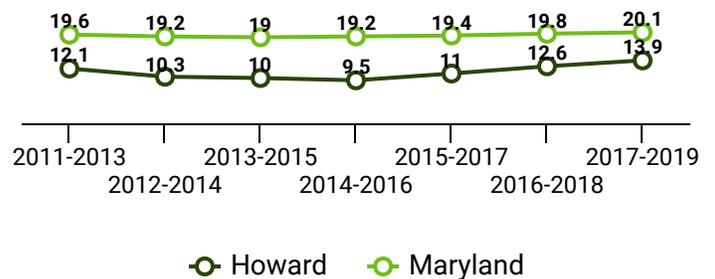
Alzheimer's Disease



Stroke



Diabetes

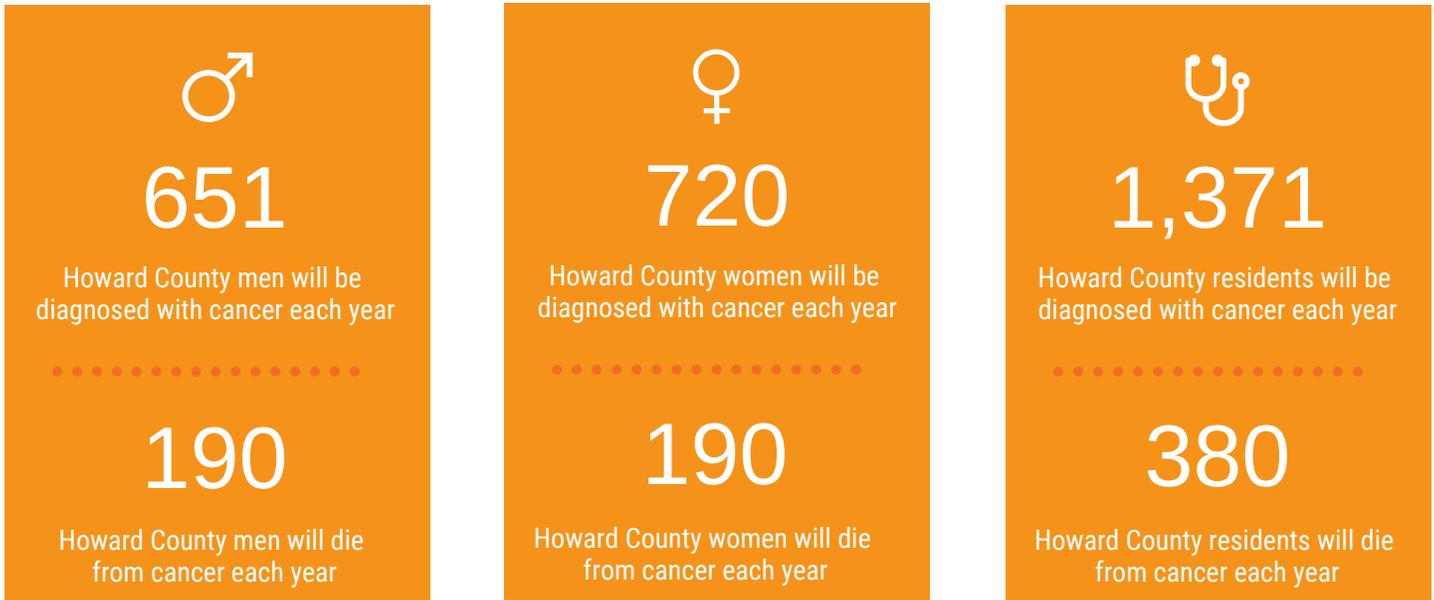


Data Source: Maryland Vital Statistics Administration.
 * 3-year average age-adjusted rates per 100,000 population.

PREVENTIVE HEALTH SCREENING

Cancer

Cancer Cases and Deaths, Howard County, 2013-2017 for dx, 2014-2018 for deaths *** (Annual Averages)



Cancer Screening*, 2018



These 4 cancer types account for 40% of all new cancer cases



84.5%

women age 50+ had a mammogram in the past 2 years to screen for Breast cancer



77.3%

age 50+ ever had a sigmoidoscopy or colonoscopy to screen for Colorectal cancer



69.5%

women had a Pap test in past 3 years to screen for Cervical cancer



47.5%***

men age 40+ ever had a PSA test to screen for Prostate cancer

Data Source: State Cancer Profiles, CDC, NCHS (annual averages). *Age-adjusted rates from 2018 Maryland BRFSS accessed 10Aug2021.

MATERNAL & INFANT HEALTH

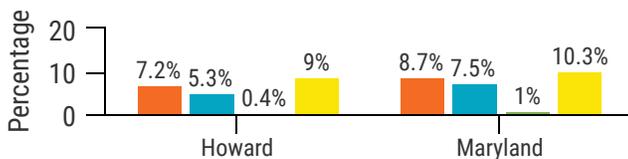
Overall from 2012 to 2019, the number of births to Howard County mothers has decreased by 2.8%. The number of births among white mothers has declined, but has increased among Black, Asian and Hispanic mothers.

Infant mortality rates are highest among Black mothers. With the increase in births among Asian mothers, there has also been an increase in preterm births and infant deaths. Early prenatal care and education are critical components for healthy pregnancy outcomes.



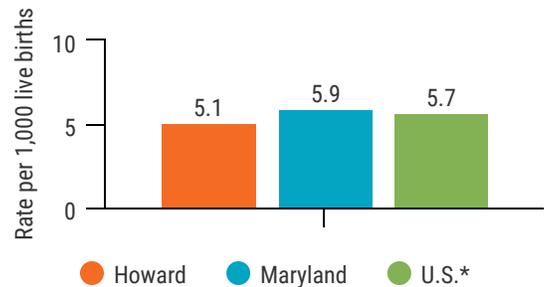
3,356
Total Births (2019)

Selected Indicators, Howard, 2019

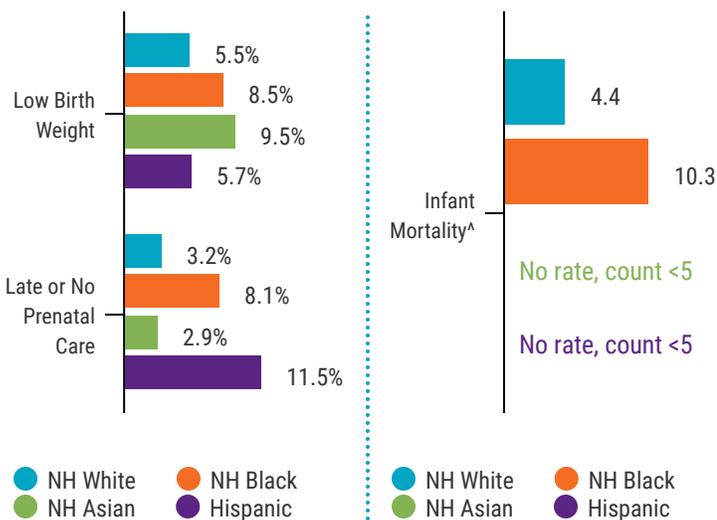


- Low Birth Weight Births
- Late or No Prenatal Care
- Teen Births (<18 years of age)
- Preterm Births (<37 weeks gestation)

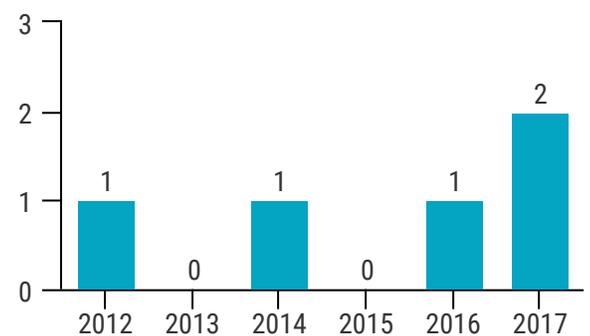
Infant Mortality Rates[^], 2019



Racial Disparities, Howard County, 2019



Pregnancy-Associated Maternal Deaths^{**}

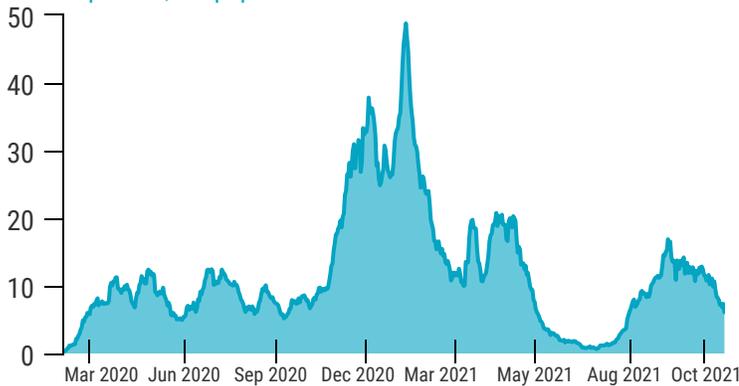


Data Source: Maryland Vital Statistics Administration; Centers for Disease Control and Prevention (CDC); Maternal Mortality Review Program
 NH: Non-Hispanic; Low birth weight (<2500 grams); Late Prenatal Care refers to care beginning in the 3rd trimester; [^]Rate per 1,000 live births [17 infant deaths total in 2019]. *2018. ^{**}Deaths of women from any cause while pregnant or within 365 days of pregnancy

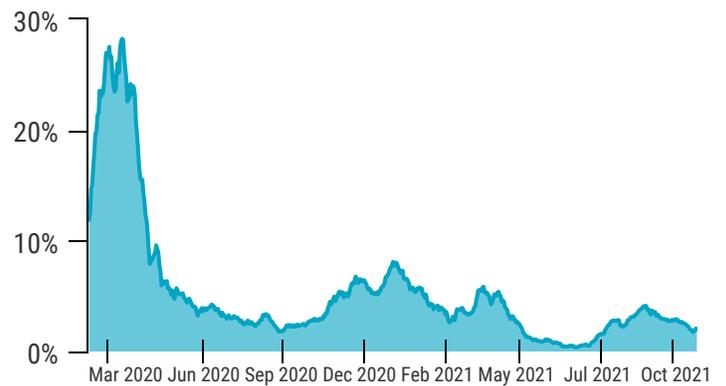
CORONAVIRUS DISEASE 2019 (COVID-19)

As of October 2021, there has been over 22,000 cases of COVID-19 in Howard County, resulting in at least 260 deaths.

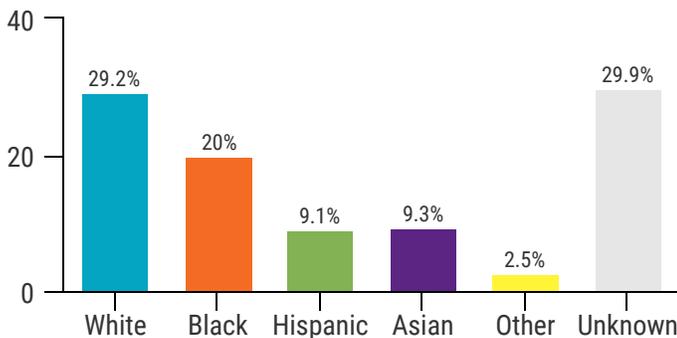
COVID-19 Reported 7-Day Average Case Rates per 100,000 population



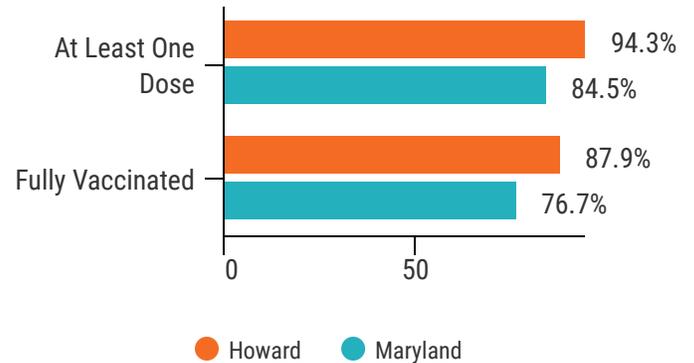
COVID-19 Reported 7-Day Average Positivity Rate



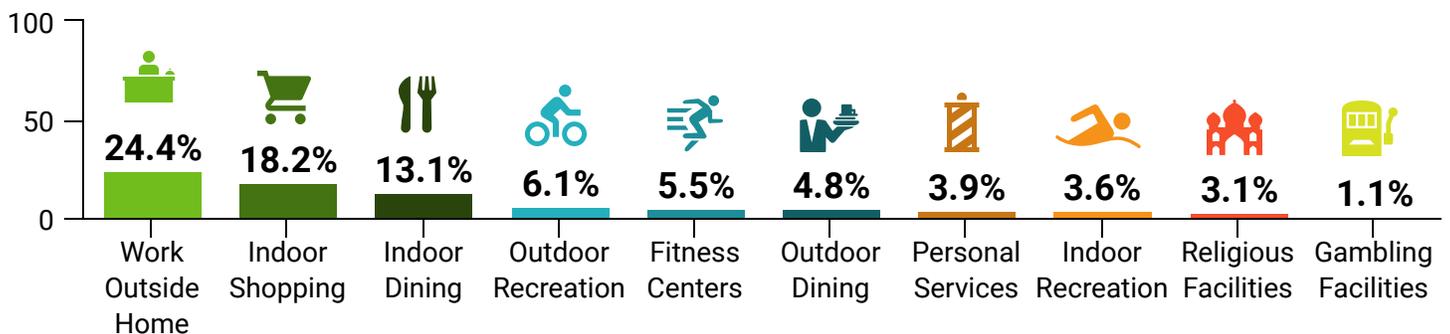
COVID-19 Cases by Race/Ethnicity



Percent of Population Vaccinated **



High Risk Locations*



Data Source: Maryland Department of Health; Howard County Health Department
 *From responding cases between 2/20/2021 and 6/19/2021; **as of 10/21/2021, 12+ years old

CANCER INCIDENCE

Rates of newly diagnosed cancers are falling in Howard County and Maryland, and the U.S. On average, 1,394 new cases of cancer are diagnosed each year in Howard County.

Female breast and prostate cancer are responsible for almost one-third of newly diagnosed cancers. On average each year in Howard County, 256 women are diagnosed with breast cancer, and 209 men with prostate cancer. Melanoma and pancreatic cancer incidence rates are increasing in the Maryland. Female breast and pancreatic incidence rates are increasing in the U.S.

Cancer Incidence Rates* for Selected Sites Howard County, 2014-2018

Cancer Type	Average County Case Count	Howard Rates	Maryland Rates	U.S. Rates
All Sites (Both Genders)	1,394	402.9 ▼	452.5 ▼	448.6 ▼
Breast (Female)	256	136.6 ●	132.2 ●	126.8 ▲
Cervical (Female)	7	4.2 ▼	6.7 ●	7.7 ●
Colorectal (Both Genders)	106	31.2 ▼	36.4 ●	38.0 ▼
Colorectal (Male)	53	33.3 ▼	40.9 ●	43.5 ▼
Colorectal (Female)	53	29.1 ▼	32.8 ●	33.4 ▼
Liver (Both Genders)	20	5.7 ●	8.8 ●	8.6 ●
Lung/Bronchus (Both Genders)	121	36.6 ▼	55.1 ▼	57.3 ▼
Lung/Bronchus (Male)	58	38.5 ▼	60.9 ▼	65.7 ▼
Lung/Bronchus (Female)	63	35.3 ▼	50.9 ▼	50.8 ▼
Melanoma (Both Genders)	94	27.0 ●	24.1 ▲	22.6 ●
Pancreas (Both Genders)	44	13.3 ●	13.7 ▲	13.1 ▲
Prostate (Male)	209	117.6 ●	128.1 ●	106.2 ●

Trend Key ▼ FALLING ● STABLE ▲ RISING

Data Source: State Cancer Profiles, CDC, NCHS. *Age-adjusted rates per 100,000 population

CANCER MORTALITY

Cancer death rates have declined in Howard County, Maryland and the U.S. Between 2015-2019, an average of 398 Howard County residents died annually from cancer. Lung cancer is the most common cause of cancer death and the most preventable. On average each year, 70 people die from lung cancer in Howard County. Death rates from pancreatic cancer are rising in the U.S.

Cancer Mortality Rates* for Selected Sites Howard County, 2015-2019

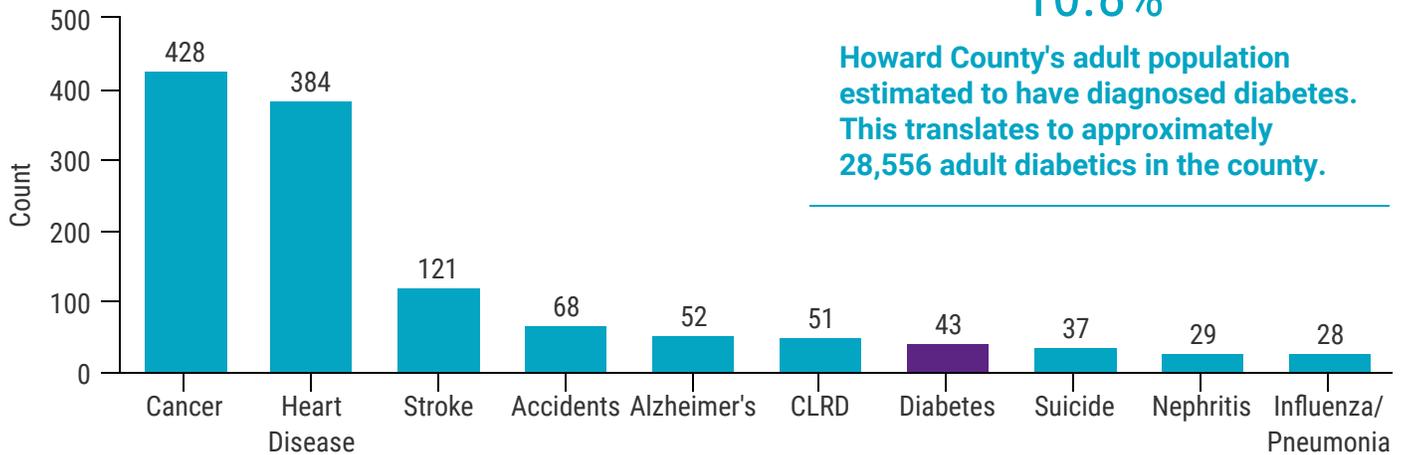
Cancer Type	Average County Case Count	Howard Rates	Maryland Rates	U.S. Rates
All Sites (Both Genders)	398	120.1 ▼	151.5 ▼	152.4 ▼
Breast (Female)	31	16.2 ▼	21.0 ▼	19.9 ▼
Cervical (Female)	3 or fewer	Not Available	2.0 ●	2.2 ▼
Colorectal (Both Genders)	38	11.5 ▼	13.4 ▼	13.4 ▼
Colorectal (Male)	19	12.7 ▼	15.8 ▼	16.0 ▼
Colorectal (Female)	20	10.4 ▼	11.6 ●	11.3 ▼
Liver (Both Genders)	17	4.7 ●	6.4 ●	6.6 ●
Lung/Bronchus (Both Genders)	70	21.3 ▼	35.2 ▼	36.7 ▼
Lung/Bronchus (Male)	34	23.0 ▼	41.5 ▼	44.5 ▼
Lung/Bronchus (Female)	36	19.9 ▼	30.6 ▼	30.7 ▼
Melanoma (Both Genders)	4	1.2 ▼	1.8 ▼	2.2 ▼
Pancreas (Both Genders)	35	10.5 ●	11.4 ●	11.1 ▲
Prostate (Male)	22	16.9 ▼	20.3 ●	18.9 ●

Trend Key ▼ FALLING ● STABLE ▲ RISING

Data Source: State Cancer Profiles, CDC, NCHS. *Age-adjusted rates per 100,000 population

DIABETES

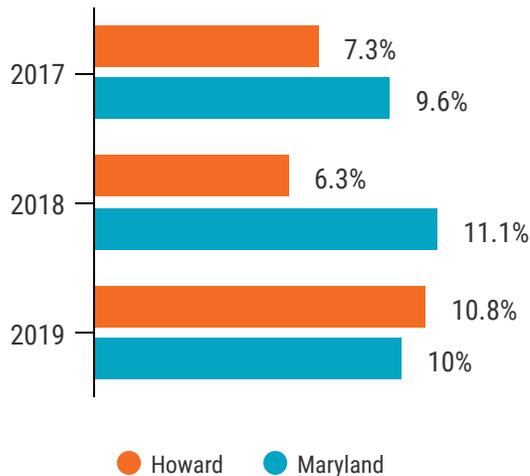
Leading Causes of Death, Howard County, 2019



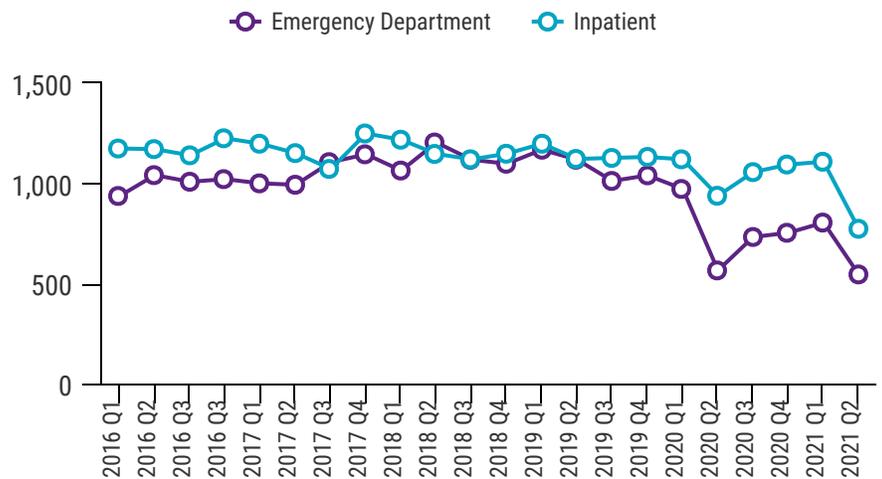
10.8%

Howard County's adult population estimated to have diagnosed diabetes. This translates to approximately 28,556 adult diabetics in the county.

Doctor Diagnosed Diabetes[^]
Howard and Maryland, 2017-2019



Diabetes Emergency Department and Inpatient Visits (by quarter)



RACIAL DISPARITY

Diabetes Diagnoses

BLACK INDIVIDUALS (12.3%) **2X** WHITE INDIVIDUALS (6.1%)

Data Source: Maryland Vital Statistics Administration; Maryland BRFSS accessed 13 July 2021; HSCRC Case Mix data, CRISP Reporting Services
[^]Excludes women told only during pregnancy (age-adjusted rates). CLRD = Chronic Lower Respiratory Diseases

WEIGHT, NUTRITION & EXERCISE

Healthy weight, nutrition and exercise are important factors in preventing many chronic diseases such as heart disease, diabetes, and some cancers. Over 1 in 2 persons is either overweight or obese. Dietary habits have not improved and more than 25% can't find time to exercise.



OVERWEIGHT

1 in 3 is overweight.

29%



OBESE

1 in 4 is obese.

25%



OVERWEIGHT

1 in 5 were told child should lose weight by healthcare professional.

18%



FRUIT

1 in 5 eat fruit three times or more per day.

18%



VEGETABLES

1 in 6 eat vegetables three times or more per day.

16%



SODA

1 in 9 drink regular soda daily.

11%



ANY EXERCISE

4 in 5 reported exercising in the past week.

80%



OUTSIDE EXERCISE

7 in 10 got exercise outdoors.

71%



TIME

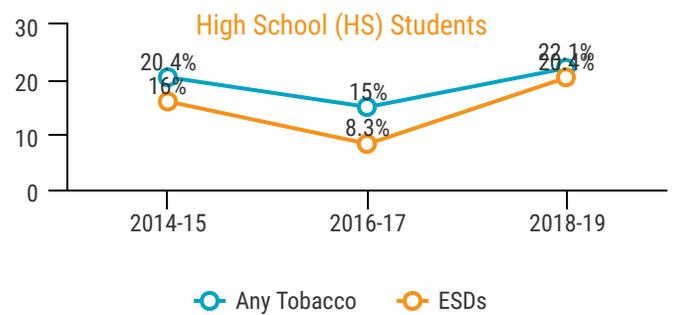
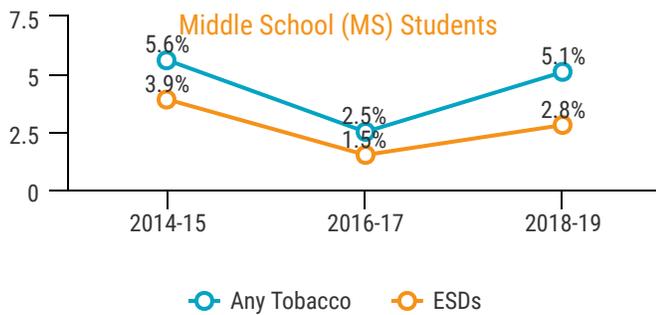
Time was the most common reason for not exercising.

27%

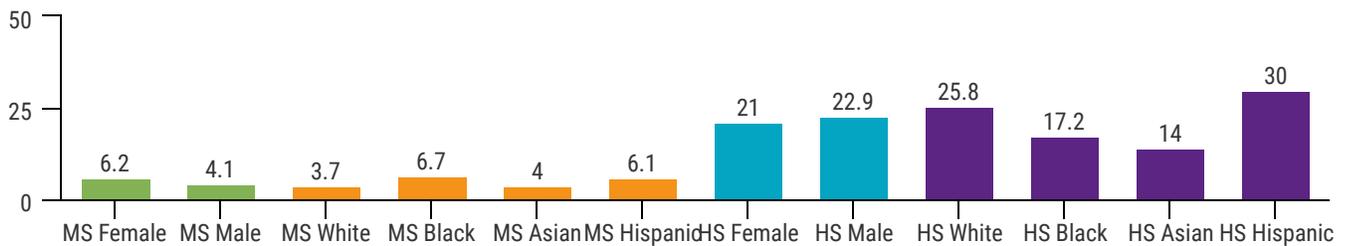
TOBACCO & E-CIGARETTE USE

Youth

Percent Current Use of Tobacco/ESDs



Percent Current Tobacco Use by Gender, Race and Ethnicity, 2019



Adults

Percent Current Cigarette Use (age-adjusted rates)

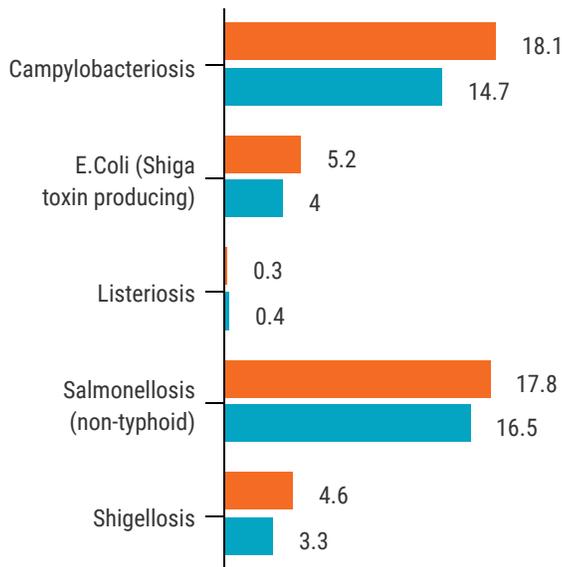


Data Source: Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, Maryland Department of Health; Maryland BRFSS, Maryland Department of Health. ESDs: Electronic Smoking Devices

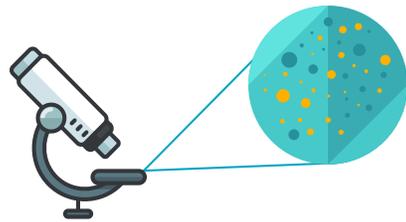
INFECTIOUS DISEASE REPORTING

Selected Reportable Conditions

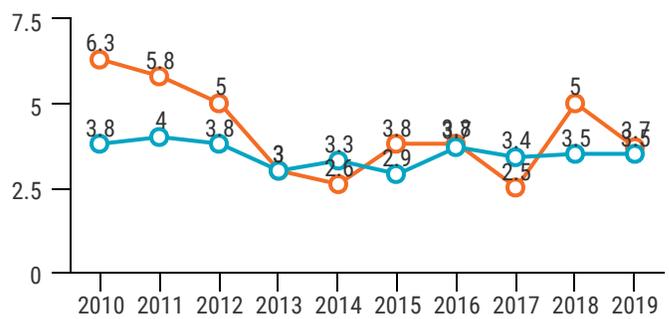
Reported Case Rates of Selected Foodborne Illness per 100,000 population, 2019



● Howard ● Maryland

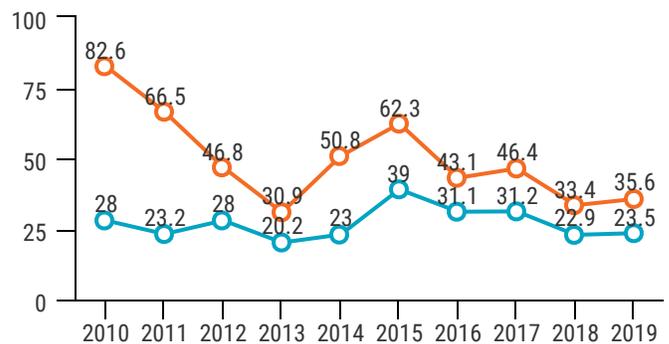


Tuberculosis Reported Case Rates per 100,000 population



○ Howard ○ Maryland

Lyme Disease Reported Case* Rates per 100,000 population



○ Howard ○ Maryland

*Note: Case definition changes occurred in 1996, 2008, 2011, 2017.

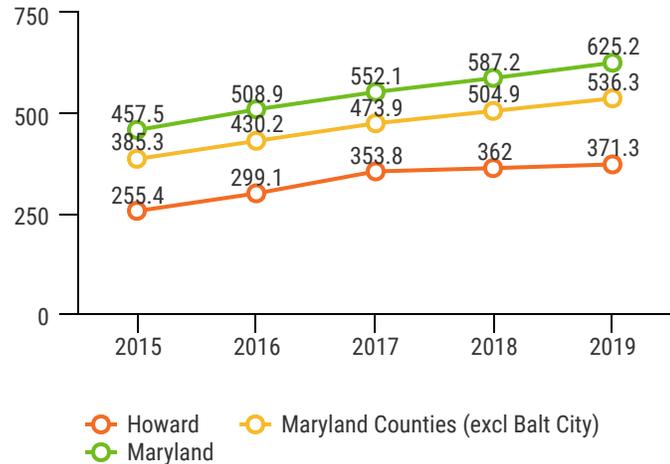
2019 Totals	6	1.8	703	289
	<i>Animal Rabies</i>	<i>Animal Rabies Case Rate per 100,000 population</i>	<i>Number of cases investigated (reported incidents of human exposure to animals)</i>	<i>Number of animals vaccinated at Health Department sponsored clinics</i>
Goal: Maintain zero human rabies cases in Howard County.				

Data Source: Infectious Diseases Bureau, Maryland Department of Health; Howard County Health Department.

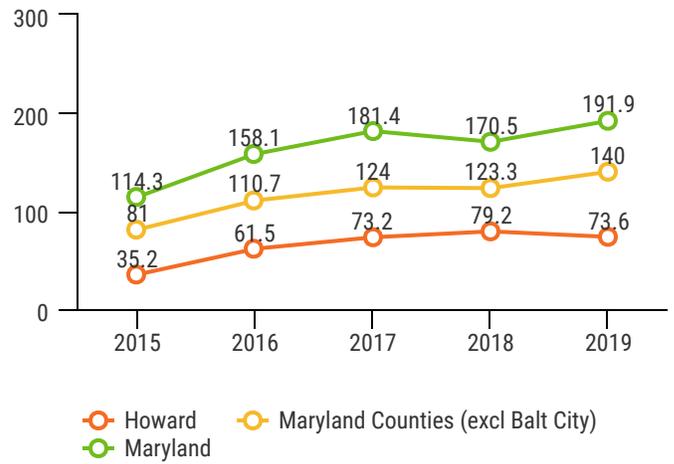
SEXUALLY TRANSMITTED INFECTIONS

Rates of Chlamydia and Gonorrhea continue to increase in Howard County. There were more reported Chlamydia cases in females and more reported Gonorrhea cases in males.

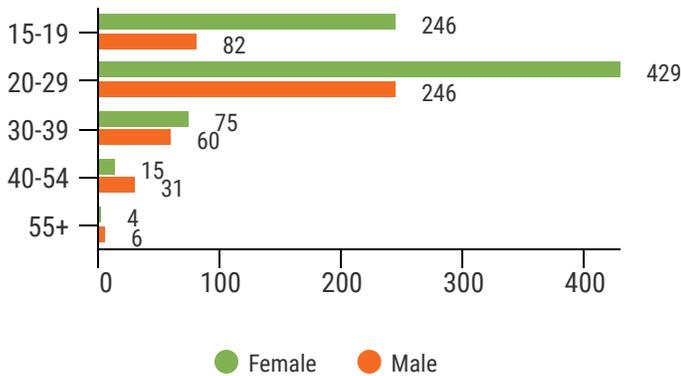
Chlamydia Reported Case Rates per 100,000 population



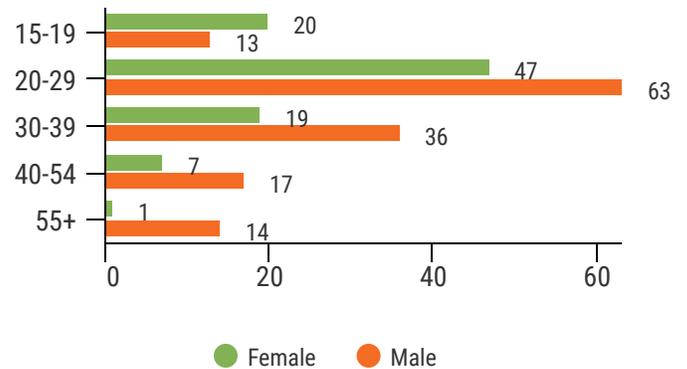
Gonorrhea Reported Case Rates per 100,000 population



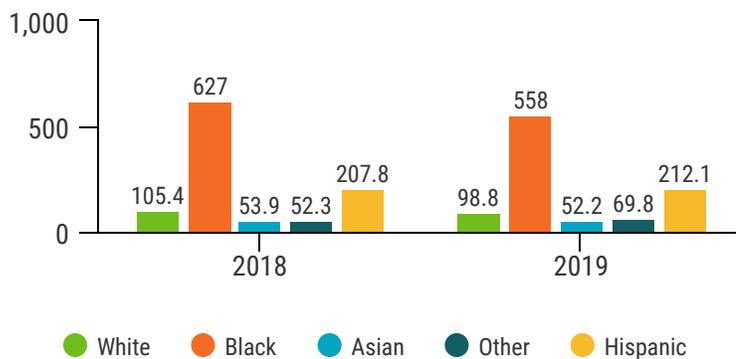
Reported Chlamydia Cases by Age, 2019



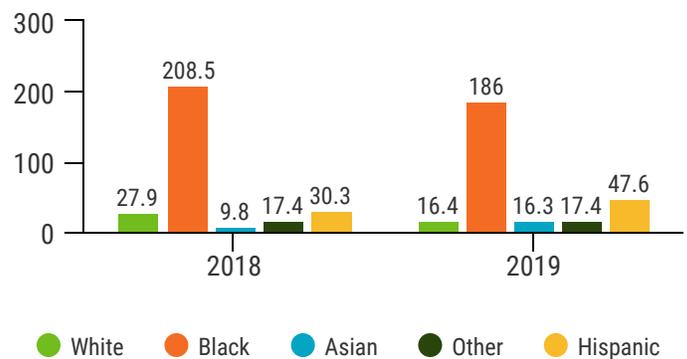
Reported Gonorrhea Cases by Age, 2019



Reported Chlamydia Case Rates by Race and Ethnicity, 2018-2019



Reported Gonorrhea Case Rates by Race and Ethnicity, 2018-2019



Data Source: Infectious Diseases Bureau, Maryland Department of Health.

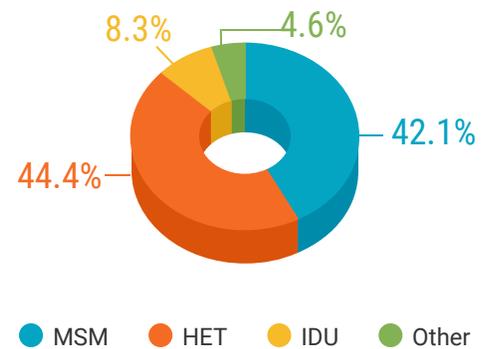
HUMAN IMMUNODEFICIENCY VIRUS (HIV)

HIV disproportionately affects Black individuals and males.

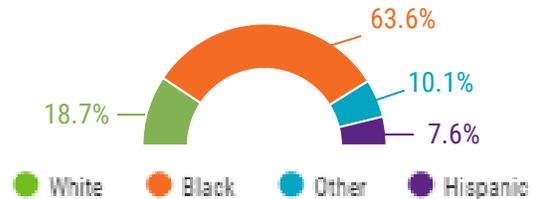
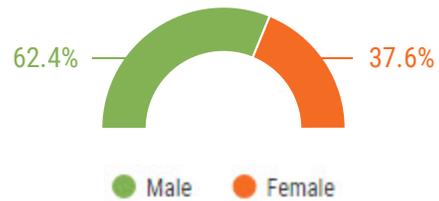
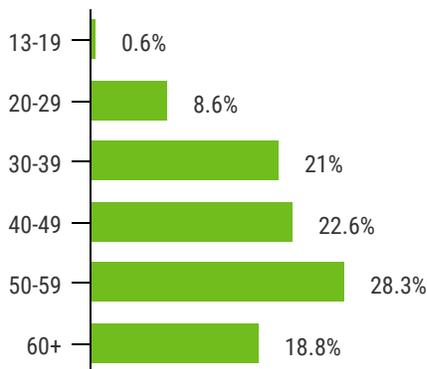
New HIV DIAGNOSES BY YEAR (Ages 13+) Howard County, 2010-2019



Exposure Category* for Living HIV Cases Howard County, 2019



Living Cases by Sex at Birth, Race/Ethnicity and Age



23

New HIV Diagnoses, 2019



695

People Living with HIV Diagnosis, 2019

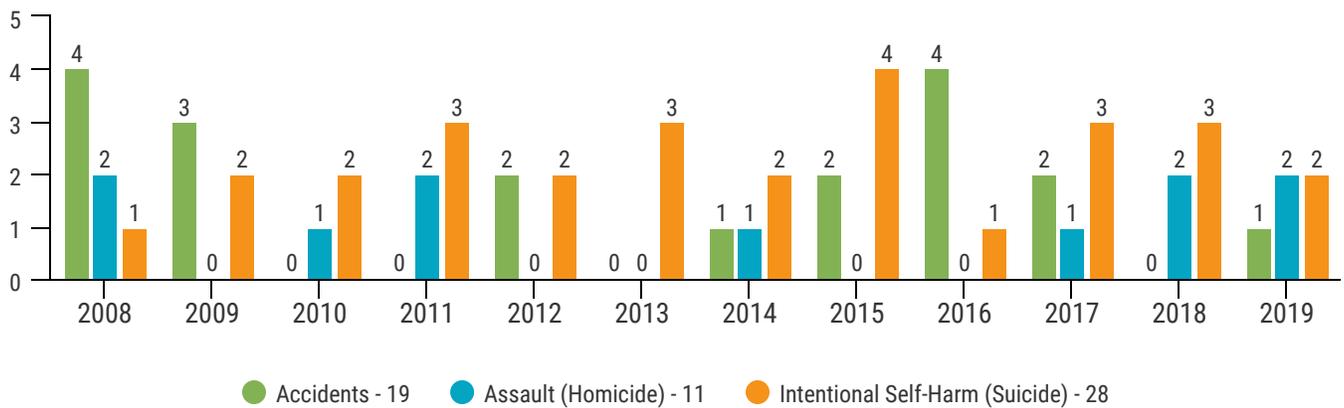
Data Source: Infectious Diseases Bureau, Maryland Department of Health.

* MSM: Male-to-male Sexual Contact; HET: Heterosexual Contact; IDU: Injection Drug Use; Other: includes No identified risk.

YOUTH SUICIDE

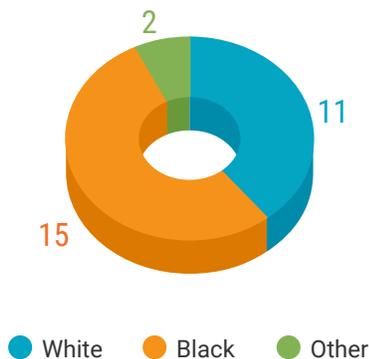
Suicide was the leading cause of death for youth ages 15-19 in Howard County between 2018-2019. Research suggests gender disparities in rates of suicide and suicidal ideation. While females are more likely to consider suicide, males are more likely to die by suicide.

Deaths Among Adolescents Ages 10-19 Years by Cause of Death, Howard County (2008-2019)



Black youth account for...

54% Suicide deaths in 12-year period vs **24%** Population ages 10-19



1 in 5 middle school students seriously considered attempting suicide



23%

1 in 6 high school students made a plan about how they would attempt suicide



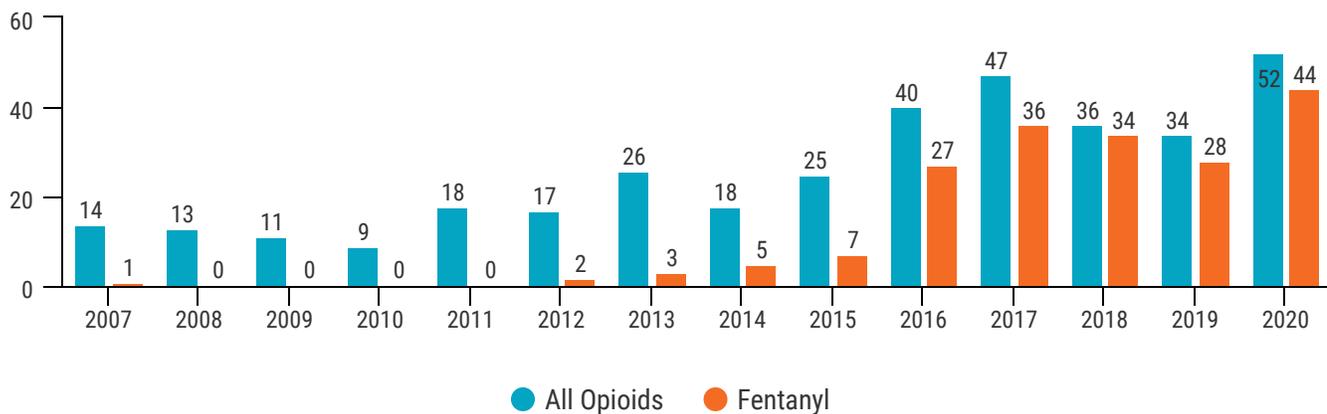
16%

Data Source: 2019 Maryland Youth Risk Behavior Survey, Maryland Department of Health; Maryland Vital Statistics Administration.
 *almost every day for >=2 weeks and stopped doing usual activities: 28.4%.

OPIOID OVERDOSES

After a steady rise in opioid-related overdose deaths in Howard County, the rate of opioid-related overdose deaths appears to have slowed. Increased access to naloxone (opioid overdose reversal drug), safer prescribing practices, access to treatment, education, and risk reduction outreach activities have improved outcomes, ultimately saving lives. Response to the crisis continues.

Number of Opioid-related Intoxication Deaths, Howard County (place of occurrence), 2007 - 2020



Number of Non-fatal Opioid-related Overdose Hospital Events*



Opioid Response Program (ORP) Activities
Howard County Health Department

	FY19	FY20
ORP Trainings	192	100
ORP People Trained	2278	1598
# Provided Naloxone	1577	1275

Data Source: Maryland Vital Statistics Administration; CRISP Reporting Services; Howard County Health Department.

*Preliminary data, HSCRC Casemix data includes inpatient discharges and outpatient hospital visits at MD acute care hospitals with an overdose ICD9/10 code in any diagnosis position; intentionality listed as unintentional or undetermined, CRISP Reporting Services.

COMMUNITY SNAPSHOT

Howard County



Most recent data available.

Data Source: *Maryland Vital Statistics Administration, 2019; ^Howard County Health Assessment Survey; **Maryland BRFSS 2019, accessed 2Jun21; Maryland YRBS, 2018.

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